



S.W.C.L. Indoor Track Coaches Information

Wednesday, January 25, 2023 at 5:00pm

- 1) Maximum entrants per school per event are as follows: **Entry limits are half of a regular meet...so Two (2) in SP, HJ, Dash, Hurd.les, and 300. Three (3) in the 600, 1000, mile, 2mile and 1 relay team per school in each relay. There are no JV events.** Email Dave Wilbur if you want to entered a bonus athlete(see below) . Other athletes will be entered on Milesplit only. Athlete limits are still 2 running and 2 field events each.
- 2) Only SWCL Meet results are accepted. Do not send in results for athletes from Reggie Lewis. Athletes put into events that they have not previously run will be No Times (NT). Only use times for metric races 55m, 55mHH...no 50 yard times. Email Dave Wilbur if you have an athlete with only 50yard times for an athlete.
- 3) **Entries are due by Monday Night, January 23, 2023 by 7:00pm on Milesplit. Late entries not accepted so those of you who like to wait...DON'T!!!!**
- 4) This is your league championship meet. Please do not enter athletes just to fill slots. We will pull athletes off the track if they have been lapped multiple times and they are the only ones left to save their embarrassment.
- 5) Meet starts promptly at 5:00pm. No entry into the gym until 4:30pm. All regular league meet rules apply.
- 6) Awards – Top 6 places and League Meet Champions Trophies will be presented at end of the meet.
- 7) Coaches will not need to assist in running the meet. The coach's area is the dash end of the straight away. **Coaches/parents are not allowed on the infield.** Athletes on the infield will have to sit down the entire meet.
- 8) Performance lists will be posted on wilburracesystems.com on Monday by 9:30pm. Once these are posted, there are no changes or updates allowed. All scratches will be done by 4:45pm on meet day on sheets posted on the bleachers near the finish line, and that locks your athlete into those events unless there is an injury and you get permission from me to take an athlete out of an event to fill a relay. Athletes who do not compete in their entered events will be scratched from the remainder of the meet. (Honest Effort Rule)
- 9) There is **no** replacement of scratched athletes.

League Meet – Tantasqua - Order of Events (Girl's first unless noted)

Boy's Shot Put followed by girls – Top 7 to finals

Girl's High Jump followed by boys (opening heights 4'0" for girls and 5'0" for boys)

Two Mile- 21+ laps

55 meter Hurdles Trials – Fastest 6 to finals

55 meter Dash Trials - Fastest 6 to finals

Mile – 10 $\frac{3}{4}$ laps Girls

300 – 2 laps

Boys then Girls 55 meter Hurdles Finals

Mile – 10 $\frac{3}{4}$ laps Boys

55 meter Dash Finals

600 – 4 laps

1000 – 6 $\frac{3}{4}$ laps

800M relay - 1 $\frac{1}{4}$ laps each

3200M relay - 5 $\frac{1}{4}$ laps each

1600M relay - 2 $\frac{3}{4}$ laps each

<p>Bonus Entry (3rd athlete if in the league top 15 list) Only bonus entries are in the shot, high jump, Hurdles, dash, and 300.</p>
